



Jax Air News

TOUCHING BASE

Power outages coming up

From ROIC

A project to upgrade the base wide electrical system (circuits 26 & 27) is now complete. To test this new system, a series of power outages is necessary to ensure it is working properly. If your building is not on the list this outage will not affect you. The following are scheduled outages and building numbers:

Saturday, 7 a.m. – 7 p.m. – Buildings 168, 1002.

For more information, call 778-4098



Hunters course offered

There will be a Florida Fish and Wildlife Conservation Commission Hunter Safety class held aboard NAS Jax in Building 610 Sept. 16, 18, 23, 26 from 5:30 – 8:30 p.m. This class is required to gain access to nearly 6,000 acres of prime North Florida wildlife habitat. The class is free of charge and meets hunter safety requirements for all 50 states and the entire North American continent. It will include the required orientation from the base game warden to purchase your base hunting permit. To register, please contact ADC Starkey at 542-3451.

Retiree seminar coming up

The Retired Activities Office (RAO) is offering a retiree seminar Saturday from 9 a.m. to 2:30 p.m. at the NAS Jax River Cove Officer's Club. Presentations will cover pay matters, Survivor Benefit Plan, Tricare for Life, Long Term Care, Tricare pharmacy benefits, PSD benefits, hospital benefits and a spouse workshop. For more information, call 542-2766, Ext. 126.

VyStar takes top honors



Photo by Kaylee LaRocque

Assistant Secretary of the Navy Dionel Aviles (second from left) presents the 2003 Credit Union of the Year Award to VyStar Credit Union Chairman of the Board Michael Cascone (left), VyStar Credit Union Vice Chairman Ted Hewitt and VyStar Credit Union President/CEO Terry West on Sept. 2 at the NAS Jax VyStar branch. The branch was recognized for its outstanding customer service.

Department of the Navy names VyStar 2003 Credit Union of the Year

From VyStar Credit Union

VyStar Credit Union was honored with the 2003 Credit Union of the Year Award for its outstanding customer service by the Department of the Navy at the Defense Credit Union Council's annual meeting Aug. 16 in San Diego, Calif.

Each year, the Department of the Navy recognized on-base financial institutions that provide exceptional service to military and civilian personnel. VyStar was awarded for its outstanding customer service and going above and beyond the normal requirements of a financial institution. VyStar received accolades for: providing

low-cost and no-cost financial services and support to active duty military, federal civil servants and their families, making access to VyStar accounts, cash and other financial products and services easy and convenient through the NAS Jax branch and for installing the greatest number of ATMs on any military base.

In addition VyStar was recognized for its contributions to numerous military-related activities and awards programs such as the NS Jacksonville Air Show, annual military appreciation luncheons, high school Navy ROTC programs and the U.S. Marine Corps Toys for Tots drive.

"It is a great honor and privilege to be acknowledged for outstanding service and performance," said Terry West, president/CEO of VyStar Credit Union. "We were founded in 1952 to serve civil service and military personnel and their families, and while our field of member-

See VYSTAR, Page 11

The day America was attacked

By Kaylee LaRocque
Staff Writer

Few people will ever forget what they were doing the day of Sept. 11, 2001. For most, it was just another typical day at the office. But, by mid-morning that all changed within a matter of minutes when two planes struck the towers of the World Trade Center in New York City and another crashed into the Pentagon in Washington, D.C.

A fourth plane, possibly intended to hit the White House, crashed into a field in Pennsylvania after a heroic effort to disarm the hijackers by the plane's passengers. Our nation was being attacked by terrorists and for those of us

Remembrance Ceremony

A special ceremony to remember the events of Sept. 11, 2001 will be held today at 9:30 a.m. at the All Saints Chapel.



Photo by Kaylee LaRocque

Capt. Ed Naranjo, FISC Jacksonville commanding officer, points to where he was when the plane hit the Pentagon during the Sept. 11, 2001 terrorist attacks.



Photo by PH2 George Trian

'Topcats' safety recognized

Officials from the Department of the Navy gathered last Thursday afternoon at the Pentagon to recognize NAS Jacksonville-based squadron, VS-31's safety record. The "Topcats" safety record stood out as Deputy Assistant Secretary of the Navy Connie DeWitte read the award citation for each of the 16 selected commands that were present at the ceremony. VS-31 was cited for its emphasis on Operational Risk Management while accruing 4,856 flight hours with no Class A, B or C flight mishaps. Pictured center, former VS-31 Commanding Officer Cmdr. Randolph Wood, accepts the 2003 Safety Recognition Award from Acting Secretary of the Navy Hansford Johnson. (From left) Commandant of the Marine Corps General Mike Hagee, Wood, Johnson, and Chief of Naval Operations Adm. Vern Clark.

EO UPDATE

Diversity in the Navy has new definition

From Chief of Naval Personnel
Public Affairs

Diversity in the Navy must go beyond considerations of race and gender to include individual skills and abilities, religious affiliation, age and even one's socio-economic background.

That was the message Chief of Naval Personnel, Vice Adm. Gerry Hoewing delivered recently to the Navy's newest flag officers.

"We've developed a whole new definition of diversity today, one that we think better captures the broad spectrum of talents and abilities our people bring to the fight," said Hoewing.

The definition, he said, was simple: Diversity refers to the collection of individual qualities that reflect a person's fundamental nature and contribute to his/her effectiveness, to include race, gender, ethnicity, religion, culture, talents, age, creativity and socio-economic background.

"Diversity is not just another word

for equal opportunity, though that is clearly still a priority for us. Today, it needs to be about much more. It needs to be about the incredible power of the new and different ideas that come naturally from the attributes our people bring with them from society," he added.

Those attributes include culture and background, as well as one's age, education and wealth, explained Hoewing. "These are the factors that combine to make us who we are," he said. "And because they influence the way we approach problems, they serve to help us make better decisions. And that, in turn, makes us more combat capable."

Hoewing made his remarks as part of a briefing on the Navy's Diversity Strategic Framework at the New Flag Officer Training Symposium, a two-week seminar designed to prepare newly selected and newly promoted admirals for the responsibilities of flag rank.

The framework is a new strategy

designed to both broaden career opportunities and raise general awareness of diversity in the Navy. It rests on four pillars: leadership, people, organizational alignment and communication. Under each of them reside specific goals and strategies to embed this new definition of diversity into every facet of Navy life.

For instance, goals under the people pillar include: improving diversity, recruiting and retention; monitoring and assessing diversity advancement and program selection rates, using the results to determine better indicators of success; and sustaining a culture that values diversity through continuous training and education.

"There's not a whole lot more important to readiness, in my view, than our diversity," noted Hoewing. "I am very excited about the effort that has gone into this framework, and I am absolutely committed to making it work. We owe it to our Sailors and to our Navy," Hoewing concluded.

ON THE HOMEFRONT

Can a mother of two get by with just one arm?

By Sarah Smiley
Special Contributor

Most days I feel like I don't have enough hands. My 2-year-old son actually mimics me saying, "Can you lend me a hand," and "If only I had more hands." (Isn't it great the way kids repeat everything you say?)

But, actually, most parenting tactics do revolve around trying to be more efficient and making the most of the hands we were given. If you have toddlers, you know what I mean when I say, I just can't get as much done as I used to.

And if you have babies, you'll identify with this parenting trick: When I go to the commissary, it is imperative that I have one child in the basket and one in the baby carrier...to maximize my hands.

So when I broke my right arm last month, I felt like I was doomed.

"Do you have any family in town to help?" a nurse in the emergency room asked.

But of course, I am a military transplant and haven't lived in my hometown since

the day I got married. The closest relatives I have are in Virginia, and that's a long way to go for some help with diapers and grocery shopping.

There was nothing to do but to cope and do it!

As a military spouse, isn't that such a familiar chant? Most of the time we don't have anyone to help, and we become quite skilled at juggling several balls, all alone...even with a broken arm.

So I knew I would be okay, that I would manage somehow, but the challenges ahead of me as a newly induced "lefty" were daunting.

There were some tasks (writing and driving) that I only needed to relearn and adjust in order to get by. I'm not going to say my left-handed signature was legible or didn't look like chicken scratch, but I did manage to write when I needed to, no matter how messy.

As for driving, using a manual transmission was out, and I learned to turn my blinker and start the car with my left hand.

But there were some

things that are decidedly two-handed jobs and could not be overcome — flossing and tying shoes, for example. However, there were many other things that I might have been able to manage, but never tried, because having a broken arm is a great excuse not to do the dishes or vacuum and to go get a pedicure (What can I say? There are so few luxuries as a mother; we have to take them when we can!).

I was beginning to become very efficient with my new condition. Picking up Legos with my toes and placing them in the toy box became a daily game and provided my son with hours of laughter. And (Shh! Don't tell!) I was starting to enjoy my excuse to relax for a while.

"The kids will be fine without me," I told myself. "Let someone else deal with the Underoos, binkies, and sippy cups."

But it turns out that my son only likes the way I personally draw a pretend road with paper and crayons for his Matchbox cars. And my youngest son

(an infant) only likes to be spoon-fed by his Mommy.

No one else can tie my son's shoes the exact way he likes, and no one else could read "Good Night Moon" with the same inflection and sing-song rhythm as his mom.

Apparently one arm or two, I was still needed, and my handicap didn't excuse me from being the mother my sons need me to be.

I used to think I needed more hands and that I could be such a better parent if only I was more efficient. I learned, however, that our children love us and need us exactly as we are and for who we are, not for how fast we can get through the commissary or how many errands we can get done in a day.

And even though lounging on the couch and watching Oprah for a week with my sling sounded like a really good plan, despite injury, illness and sometimes near-insanity, a mom's work is never done!

You may send comments or a response to Sarah at teamsmiley@mchsi.com.

HEY, MONEYMAN!

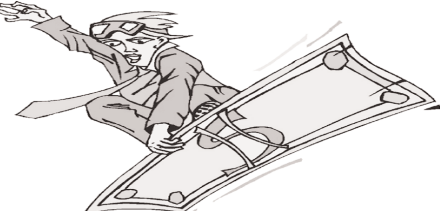
Hey, MoneyMan!

I recently tried to buy a new car and they told me that I have a bad credit rating. I have never filed for bankruptcy and don't think my husband and I have that much debt. How do I find out about my credit?

MoneyMan Sez:

Your credit rating is very important and can impact your life in many ways. Maintaining good credit should be one of your highest priorities.

According to Chalker Brown, vice president of the NAS Jax VyStar branch, the best thing you can do is to always pay your bills on time. Many things will impact your credit rating but missing



payments or being late with payments can lower your score quickly.

He also recommends that you get a copy of your credit report at least annually. You can get one from EQUIFAX by calling 1-800-685-1111.

Another thing to keep in mind. If you go to your credit union and they will not finance a particular car

for you, and you go to another credit union and

get the same results, maybe you shouldn't buy that car!

You can always find someone who will finance practically any car you want to buy if you are not concerned about the interest rate or how long you get to keep your car. Pay attention to interest rates!

More questions? Call Hey, MoneyMan! at 778-0353.

Free circus tickets offered to military

The Morocco Shriners are proud to announce Military Appreciation Night on Sept. 28 at 7 p.m. for the 43rd annual Morocco Shrine Circus. Tickets are available at the Veteran's Administration and local USO offices. Admission is on a first-come, first-serve basis limited to the first 3,000.

This event will be held at the arena at the University of North Florida campus located at 4567 S. St. Johns Bluff Rd. (near Beach Boulevard).

For further information, call the Morocco Shrine Center, at 642-5200, Ext. 12.

Correction

In the Multicultural Fair article last week, it stated that Naval Hospital displayed a booth on Puerto Rican culture, the display actually featured the cultures of Columbia, Cuba, Mexico, and the Dominican Republic.



Sunday Services

You are invited to the following Base Chapel Worship Services this Saturday and Sunday:

Saturday - 5 p.m. - Catholic Mass

Sunday - 8:30 a.m. - Holy Eucharist Episcopal


9:30 a.m. - Catholic Mass

11 a.m. - Protestant Worship

6:30 p.m. - Contemporary Service

"The Leading Edge," Hangar 749 at the Base Chapel Center.

Children's Sunday Class - Protestant Sunday School program is at 9:45-10:45 a.m., and Catholic CCD is 10:45 a.m.-12:15 p.m.



Meet A Sailor...

AN(AW) CHRISTOPHER LOWRY

Job title/command:
NAS Jax Quarterdeck

Hometown: Bloomington, Ill.


Family Life: Single

Past Duty Stations: HS-7

Career Plans: To take college classes and keep getting promoted.

Most Interesting Experience: Going on a six month deployment and visiting England.

Words of Wisdom: Work smarter, not harder.



Meet A Civilian...

RON BURKA

Job title/command:
Program Analyst, NAVAIR contractor with ARINC

Hometown: Green Cove Springs

Family Life: Married with three children and two grandchildren.

Past Duty Stations: Quonset Point, R.I., NAS Cecil Field.

Career Plans: To retire in a few years.

Most Interesting Experience: Working with and meeting new and interesting foreign people.

Words of Wisdom: Stay happy and positive.


Casualty Assistance Calls Officer training coming up here

Casualty Assistance Calls Officer (CACO) training will be held from 8 a.m.-3 p.m., Sept. 24 at the Naval Air Reserve Jacksonville, Building 966, Room 211.

This course is divided into four parts which includes an overview of the casualty assistance calls program as well as an explanation of the three major categories of responsibility of a CACO: the notification visit, the funeral arrangement visit and survivor benefits visit.

All units are strongly encouraged to have as a minimum two qualified CACO personnel onboard. It is suggested that one officer and one senior enlisted member from each command attends this training.

Email birtleyb@cnrse.navy.mil for quotas. You must provide attendee's rank/rate, complete name, SSN, command and work phone number.



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HS-11 ‘Dragonslayers’ hold change of command at sea

By Lt. J.g. Matthew Wright
HS-11 PAO

Cmdr. Edward D'Angelo will relieve Cmdr. John Schoeneck as commanding officer of HS-11 in a ceremony tomorrow on board USS Enterprise (CVN 65). D'Angelo arrived at HS-11 in July 2002 as the executive officer. He had been previously assigned to HS-10 in San Diego, Calif. where he served as the executive officer.

D'Angelo is a native of Parsippany, N.J. He attended Penn State University and was commissioned as an ensign through the NROTC program after graduation in May 1986. He completed Surface Warfare Officer School in Newport, R.I. and reported to USS Forrestal (CV 59)



Cmdr. Edward D'Angelo

where he earned his surface warfare officer designation. In 1989, he transitioned through the Surface to Pilot program and received his naval aviator wings in April 1991.

D'Angelo has served in HS-11, HS-10, HS-1 and on the staff of Commander, Carrier Air Wing One fly-



Cmdr. John Schoeneck

ing the H-3 Sea King and the H-60F/H Seahawk.

He has more than 3,500 flight hours including more than 2,000 in the H-60. He has completed deployments on board USS Forrestal (CV 59), USS George Washington (CVN 73), USS John F. Kennedy (CV 67) and two on board USS

America (CV 66) in support of operations in the Arabian Gulf, Somalia, and the former Republic of Yugoslavia.

He holds a Masters of Science Degree from Central Michigan University.

D'Angelo is married to the former Lorena Semmel of Bismarck, N.D. They have seven-year-old twins, Kelley and Nicholas.

Schoeneck is a native of Syracuse, N.Y. A graduate of Rensselaer Polytechnic Institute and was commissioned in 1985. He was designated an unrestricted naval aviator in August 1986.

Schoeneck took command of HS-11 in August 2002 and led the "Dragonslayers" through workups for their current deployment on board the USS Enterprise.

Under Schoeneck's leadership the squadron was awarded three consecutive Commander, Atlantic Fleet Retention Excellence Awards, the Commander, Helicopter Antisubmarine Wing Atlantic Fleet Maintenance Excellence Award, and the Chief of Naval Operations Aviation Safety Award.

Schoeneck has accumu-

lated more than 3,500 flight hours. His next assignment will be navigator of USS Carl Vinson (CVN 70).

Cmdr. Steven Yoder will become the Dragonslayers' executive Officer following his tour as officer-in-charge of the Weapons Training Unit for Commander Helicopter Antisubmarine Wing, U.S. Atlantic Fleet.

Commissary announces longer shopping hours

By Miriam S. Gallet
Editor

As service members continue to fight the war on terror at home and abroad, the NAS Jax Commissary is enhancing their award-winning services with new shopping hours in order to better serve the brave men and women of our Armed Forces. Beginning Sept. 28, the commissary will be open from 7 a.m. to 8 p.m., Monday through Saturday and from 8 a.m. to 6 p.m. on Sunday.

The new hours will give patrons the opportunity to "quick shop" for 15 items or less between the hours of 7-9 a.m., Monday to Saturday, and from 8-10 a.m. on Sunday. People with disabilities will continue to enjoy full shopping privileges every day beginning at 8:30 a.m.

This local initiative will make buying needed food and other essential items easier. According to Commissary Director Larry Bentley, the new hours reflect the store's commitment to continuously improve the quality of life for service members and their families.

"When a Sailor needs to quickly pack and be gone in two hours, I want the Sailor or spouse to know that the commissary is open for them to pick-up whatever essential items they may



Photo by Miriam Gallet

'Early birds' are now welcome at NAS Jax Commissary from 7-9 a.m. Monday through Saturday and 8-10 a.m. on Sundays.

need," said Bentley. "A few months ago, we created a new Deployment Support Center at the entrance of the commissary. This center enables service members to conveniently and quickly shop for personal care and non-perishable food items and numerous other products that a Sailor may need while on deployment. The new operational hours are going to make buying those essential items more accessible to them," he continued.

The base commissary, employing approximately 110 civil service employees, more than 300 contractors, vendors and vendor-stockers and 100 baggers, is a main

contributor to the military family's quality of life. All store employees are committed to providing service members and their families with high quality goods and services to help them achieve their mission, enabling warfighter readiness.

The store supplies service members, retirees and their families with a wonderful array of quality fruit, vegetable, meat, fish, dairy, breads and canned products less expensively than supermarkets or superstores.

"No one can beat us," exclaimed Bentley. "We offer substantial savings to our military families in staple items year-round. The

supermarkets and big stores out in town use what we in the industry call a "loss leader" (an item price so low that stores loose money) to get customers into their stores. But when the bill is tallied, the customer is paying more than at what they would pay at the commissary. Additionally, the customer is required to pay a tax. Here, at our commissary, the savings amount to approximately 30.4 percent every time you shop, plus there is no tax. Our goal is to create raving fans every day of the week. The only way to do that is to offer the best prices and convenient shopping hours."

POW/MIA ceremony slated for Sept. 19

Navy Region Southeast, in conjunction with the City of Jacksonville's Veterans Service Division, will hold a POW/MIA Recognition Observance at the All Saint's Chapel at 10 a.m. on Sept. 19.

The program will honor all Americans who are former POWs, as well as those who are still unaccounted for and their families.

The keynote speaker is Carl "Ed"

Creamer, a former Japanese POW. While a 3rd Class Ordnanceman during World War II, his PBY was shot down in the Bering Sea. One of three survivors from the crew of nine, he was picked up by a Japanese cruiser and moved through seven Japanese POW camps, two of which were bombed by the Allies who did not know POWs were in the area.

The POW Pledge of Allegiance will

be lead by retired Navy Capt. Dale Raebel, a former NAS Cecil Field A-7 pilot. While assigned to VA-37 flying from the USS Saratoga, he was shot down and taken prisoner by the North Vietnamese.

More information is available at www.cnrse.navy.mil (click "Special Events" button).

The uniform is summer whites, appropriate attire for civilians.

Former Navy lieutenant laid to rest by VP-30 aircrew

By Lt. Keith Radonis
VP-30 PAO

On July 29, LL-50 took off from NAS Jacksonville with a very important tasking. In addition to the normal training to be performed this day, the aircrew on board this Orion aircraft had the distinct privilege of laying to rest a recently deceased veteran of naval aviation.

The remains of Lt. Daryl Keith Crowder, a former F-4 Phantom pilot and instructor pilot at NAS Pensacola, were scattered over the Atlantic Ocean at approximately 8:35 a.m. at the coordinates of 30-23N080-49W.

Crowder was born in Houston, Texas, where he later embarked upon his Naval career. Crowder served in the Vietnam War, receiving the Vietnam Campaign Medal, the Vietnam Service Medal, the Individual Air Medal, and Strike/Flight Air Medal. He recently passed away in Prairieville, La.

Lt. Cmdr. Patrick

Cavanaugh, Lts. Douglas Hoerster, Phillip Rogerson, Gerald Smith and Chris Alfonso, Lt. J.g. Brian Puskas, Ensigns Ryan Casey and Brady Scher, AE1 Shawn Martin,

AW1(AW) Glenn Plower, AWAA Logan Ricely, Christopher AW2(AW) Waddles, AW3 Cameron James, AT1(AW) Eric Longhurst, and AT2(AW) Scott Macilroy performed

the ceremony.

VP-30 would like to express its sincerest condolences to the Crowder family. Fair winds and following seas, Lt. Daryl Keith Crowder.

KEN CHANCEY SUZUKI OF JAX; 5c; 4.5"; Black Only; Cleared message Pat Coon 9/2/03

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VP-45 ‘Pelicans’ welcome VIPs

By Lt. J.g. Steven Seney
VP-45 PAO

On Aug. 20-21, the VP-45 “Pelicans” were honored to host Congresswoman Loretta Sanchez and Rear Adm. Michael Holmes, commander, Task Force 67.

Sanchez is the representative of the 47th Congressional District of California, which encompasses the cities of Anaheim, Garden Grove, Santa Ana and Fullerton in Orange County.

The Congresswoman is currently serving her fourth term after being re-elected with 60 percent of the votes in November 2002, and is the ranking woman on the House Armed Services Committee.

Sanchez will also be serving as the third-ranking Democrat on the Select Committee for Homeland Security after her appointment to this post by Democratic Leader Nancy Pelosi.

The Select Committee provides oversight of the new Department of Homeland Security to ensure that the department operates both quickly and effectively. The committee also has legislative jurisdiction over matters relating to the Homeland Security Act and will play a central role in fighting the war on terrorism.

Through these two positions, the congresswoman has both a vested interest in and control over our national security. The

Pelicans met the congresswoman while she was taking a tour of military facilities in the Mediterranean to have a first hand look at the state of our nation’s military.

Rear Adm. Michael Holmes, commander, Task Force 67, was escorting the congresswoman on her tour of DoD facilities. The admiral was once the commanding officer of VP-26 and VP-30. After touring the spaces of HC-4, Sanchez and Holmes visited VP-45.

After being greeted by VP-45’s Commanding Officer Cmdr. William Fitzgerald, and Executive Officer, Cmdr. Richard Fite, the members of VP-45 hosted Sanchez with true Pelican pride.

From the moment Sanchez stepped aboard, she made it clear that she was interested in getting to know the men and women of VP-45 and what life for a deployed patrol squadron was like.

The congresswoman also had breakfast with some of her constituents from the 47th District at the galley to discuss issues of interest to them. After touring the squadron spaces, Sanchez answered questions and met with squadron members.

After her tour, Sanchez was given an in-depth tour of one of the squadron’s AIP aircraft that was set up as a static display. During her walk through, the aircrew manned their stations and

the congresswoman was given a detailed explanation of the aircraft equipment and how the AIP update vastly improved the P-3’s versatility. She saw firsthand how, with the addition of AIP and AIMS, the P-3 had become a multi-role aircraft, valuable as both an anti-submarine warfare and reconnaissance platform.

On Aug. 21, Holmes visited VP-45 again for an Admiral’s Call and tactical flight.

He praised the hard work put forth by the Pelicans during the past IDTC. The admiral also discussed several issues including future pilot manning, and possible future base and squadron decommissioning.

VS-30’s CMC reenlists airborne

By Lt. J.g. Justin Drach
VS-30 PAO

On Aug. 20, CMDCM (AW/SW) Mitchell Lounsberry of VS-30 reenlisted in the United States Navy for another three years while airborne in the “Delta” pattern overhead NAS Jacksonville.

The reenlisting officer and the aircraft pilot was the “Diamondcutters” Commanding Officer Cmdr. Michael Ginter.

Lounsberry’s family, including his wife, Susan, daughters, Nikki and Kaitlin, and son, Jeremy joined more than 40 spectators in the Diamondcutter ready room to listen to the reenlistment oath over the squadron base radio transmitted from the aircraft.

Lounsberry reenlisted near the end of his command master chief (CMC) tour with VS-30 after more than 24 years in the Navy. Since reporting as the squadron’s CMC, he had been instrumental in developing VS-30’s Mentor/Sponsor Program and stressing the importance of a positive initial impression on the young Sailors reporting to VS-30 fresh from boot camp.



Photo courtesy of VS-30
(From left) Nikki Lounsberry, Kaitlin Lounsberry, CMDCM(AW/SW) Mitchell Lounsberry, Jeremy Lounsberry, Susan Lounsberry and Cmdr. Michael Ginter after the master chief’s reenlistment ceremony.

Whether it is providing advice while on deployment or discipline ashore, Lounsberry has left a positive mark on the VS-30 Sailors. He also played a major role in VS-30’s very successful sponsorship of Recruit Division 186 at RTC Great Lakes, Ill., a

first for a squadron at NAS Jacksonville.

A card-carrying member of the Tailhook Association, Lounsberry has had several sorties in the S-3B aircraft, which included carrier arrested landings. His next set of orders will take him to Shore Intermediate

Maintenance Activity at Naval Station Mayport. VS-30 would like to thank the Ground Electronics personnel for making this ceremony a success.

Successful flight



Photo courtesy of VP-5
Cmdr. Scott Dueker, commanding officer of VP-5, congratulates Lt. Scott Price following a successful check-ride designating him a patrol plane commander.

Products displayed at Expo



Capt. Charlie Khan, PWC Jax commanding officer, learns about a walkabout surveillance system from Al Pavsner of Maxavision Technologies at the Expo. This is the first time NAS Jax has hosted this event.

Photos by Kaylee LaRocque

HMC Floyd Kirk of the Disease Vector Ecology and Control Center gets some information from John McClean of Mohawk Commercial Carpet during the GSA Expo held at the River Cove Officers Club Aug. 3. Contracted GSA vendors from all over the country were on hand to give demonstrations and provide information about their products.



Physical & Occupational Therapy



The on-ramp to the road to recovery



By Loren Barnes
Naval Hospital Jacksonville
Public Affairs

“Our focus is on how we can help get you better, how we can keep you better and how we can prevent future injury,” said Lt. Denise Milton, Naval Hospital Jacksonville Physical and Occupational Therapy Department head, in describing how her staff rehabilitates patients’ injuries.

Milton’s department handles an average of 100 outpatient visits per day mainly from referrals. That’s almost one tenth of the Naval Hospital’s total daily average of 1,142 outpatient visits. The injuries seen are extremely varied. For instance, Milton said over the last couple of weeks in just wound care referrals alone they’ve treated a patient who had stepped on a sea urchin, someone who fell out of a tree getting a cat, a case of poison oak, someone who had a motorcycle fall on his foot, as well as post-surgical wounds.

“That’s just five off the top of my head,” she said, “all very unique, different events that have led to wounds and they ended up coming here.”

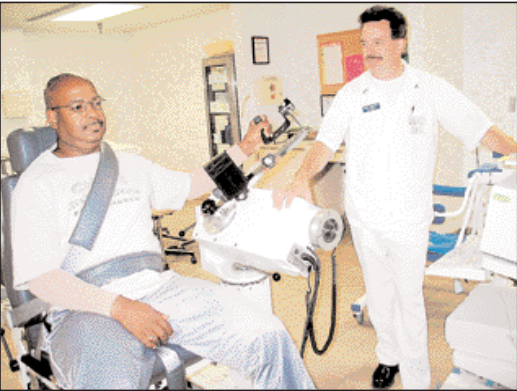
“It’s a busy place,” she said, explaining that her staff is comprised of four officers including two physical therapists, Milton and Lt. J.g. Carrie Dreyer and two occupational therapists, Lt. Sarah Goldman and Lt. Jonathan Colon. Also on staff is civilian Tonya Sauls, also a physical therapist. These therapists hold various



Physical Therapist Tonya Sauls reminds Senior Master Sgt. Phillip Gainey to keep his knees in front of his toes as he performs downward “wood chops” to strengthen his core muscles, abdominal muscles and lower back muscles.



AK2 Van Steekley does core strengthening exercises on cables under the supervision of Physical Therapist Tonya Sauls of the Physical and Occupational Therapy Department’s Gym Program. Steekley, who suffers from lower back pain, said participating in the exercise program has been very helpful in strengthening his back muscles.



HM1 Timothy Smith monitors patient Larry Cross on the Biodex II system. This computerized station is used to evaluate patient’s compliance to and the effectiveness of a therapeutic regimen.



Retired Navy Senior Chief Anthony Reeves and Lt. Denise Milton do gate training on the clinic’s parallel bars. This exercise helps patients regain balance and posture control. Reeves has come a long way recovering from a stroke suffered last September. Milton began working with him about a month ago and sees him twice a week. She said the goal is to increase his level of safety so he can get around his home and once again be able to do some of his former activities. Reeves said his care has been “excellent.”

certifications with national professional associations for various specialized services. The enlisted hospital corpsmen staff includes four physical therapy technicians, one occupational therapy technician and three general duty corpsmen. Rounding out the team are a civilian clerk and three Red Cross volunteers.

“The idea,” Milton said “is to shift people to self-management. They may come into the clinic for treatment initially but we’re always working towards getting them independent so they can take care of themselves.”

This idea fits perfectly with the Surgeon General’s emphasis on “Force Health Protection,” specifically his mandate for Naval Medicine to “create a healthy and fit force” ensuring that our Marines and Sailors are physically, mentally and socially able to accomplish any mission our nation calls upon them to perform.

The department includes two divisions, Occupational Therapy and Physical Therapy.

Occupational Therapy primarily evaluates and rehabilitates injuries to the upper extremities, below the shoulder issues such as the elbow, wrist and hands. The division works with injuries ranging from carpal tunnel syndrome (wrists) and cubital tunnel syndrome (elbow) to broken fingers, sprains, arthritis and traumatic injuries such as cut or torn tendons. The highly skilled staff is also trained and equipped for custom splint fabrication. Occupational Therapy also works collaboratively with the hospital’s Orthopedics Department to hold “Hand Clinics,” a couple of times a week. In these sessions an occupational therapist and an orthopedic surgeon sees patients together.

“It’s kind of one-stop shopping,” Milton explained.

“Physical Therapy sees patients with any kind of neuromusculoskeletal injury,” Milton said, “aches and pains from head to toe.”

She said, “We get people with minor maladies, things that kind of creep up on them with no specific injuries. And we get folks who are post-operative or post-injury to hips, knees, ankles, shoulders, necks, backs and we provide their rehabilitative services. We treat anything from simple ankle sprains to neck, back and radicular (nerve) problems. Some come in wheelchairs and eventually leave on crutches or less, which is nice to see.”

Patients with suspected nerve prob-



HM2 Dariamara Vazquez places electrodes on the quadricep muscle of Lt. Jeff Hurley preparing him for a functional electrical stimulation session. The electrical stimulation helps strengthen the muscle by stimulating muscle fibers.



Lt. Cmdr. Claudia Flores works with HM2 Bryant Hare on the BTE Simulator, a computerized rehabilitation station that simulates effort and motion used in work activities.

Physical & Occupational Therapy



HM2 Dariamara Vasquez oversees DC3 James Richards as he performs side-lying, straight leg raises to strengthen his leg muscles. Richards is being treated for a knee injury. He tore the cartilage in his knee when his knee buckled while moving tank top buoys aboard the USS John F. Kennedy (CV-67).

REHAB: Major emphasis on education



Occupational Therapist Lt. Jonathon Colon places a plastic splint mold on the finger of MM2(SS) Claude Singleton. Colon will custom fit the splint for the USS West Virginia (SSBN 736) submariner. Singleton chipped a bone in his finger playing basketball. Navy occupational therapists are regarded as experts in customized splinting.

From Page 6

lems such as carpal tunnel syndrome and patients with pain radiating down arms or legs are referred to Physical Therapy for clinical electrophysiological testing to assist the referring doctors with diagnosing the source of the problem. These specialized services are provided by Milton, a board certified specialist in clinical electro physiology.

The department also sees to the physical therapy needs of inpatients. Dreyer deals with a wide variety of rehabilitative issues for inpatients ranging from general debilitation resulting from extended stays in the Intensive Care Unit to previously ambulatory patients having to learn to walk after recovering from broken hips and femurs.

What might you expect following referral to the Physical and Occupational Therapy Department?

"The first thing we do is set the patient up for an initial evaluation with a physical therapist or occupational therapist," Milton said. "That evaluation usually lasts about 30 minutes. During the evaluation we not only try to identify what's going on right now but also what brought them to that point," she explained.

The evaluation involves a review of the patient's medical history, an interview and a physical exam that includes multiple systems. We talk to the patient about what their job is, what they do in their leisure time, what positions they sleep in, basically what they do to their bodies within a 24-hour period. This information is used to not only treat their current condition but to start teaching them better habits. Some may just go into a home program and then come back in a couple of weeks for follow up. Others may be set up with clinic treatment sessions three or four times a week for up to a month. At that time they would be reevaluated and their sessions might taper down to twice or even once a week. It's very unique to each patient, it's based on their response and on their needs," Milton explained.

Lt. Jeff Hurley, a VS-24 aviator who recently ejected from an S-3 Viking as it crashed in Southeast Georgia is undergoing physical therapy for injuries to his knee as he awaits Magnetic Resonance Imaging (MRI) results and a doctor's determination of further treatment.

Hurley said the staff "has been great." He's been coming to the clinic for therapy three times a week since Aug. 18.

"When I first walked in I had a flexibility range from about 45 to 90 degrees and that was it," Hurley said. "After just my fourth visit, I can now straighten my leg out and bend it past 90 degrees. It's gotten rid of my limp when I walk and everything." Under the care of HM2 Dariamara Vasquez, Hurley's therapy has consisted of "steamboats" (pulling against a restraining cord placed around the ankle), leg press-

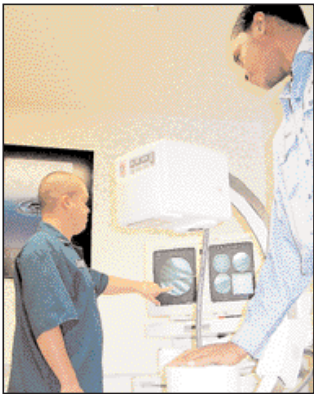
Photos by Loren Barnes



AM3 Shawn Pendarvis of HS-5 does step-up exercises under the watchful eye of HM1 Tim Smith. Pendarvis is being treated for knee pain, and the exercise is designed to increase flexibility and strength and improve motion.

es, and interferential and functional electrical stimulation which uses electrical pulses to reduce pain and swelling and strengthen the muscles.

Some patients also benefit from the department's gym program either as their initial treatment program or after working up to prescribed level in a clinic program. The gym program is run by Sauls at NAS Jacksonville's Fitness Source. The program was initiated two years ago with five patients and now has an average of 25 patients working with Sauls every Thursday morning. The patients have varying diagnoses; from lower back pains to knee pains, shoulder



HM3 Jose Torres of the Occupational Therapy Clinic shoots Florescan X-rays to check on pins places in ENFN Ricardo Hughes' finger. Hughes, who is attached to the USS Philippine Sea (CG-58), said his daily therapy has helped him out a lot. It includes paraffin wax treatments to warm his hands and "tendon glides" involving a five-position workout of the hand and fingers repeated 10 times per session.



Senior Chief Russell Hoyser of the Coast Guard's Jacksonville Marine Safety Office works with HM2 Bryant Hare to increase the range of motion in his ankle after undergoing surgical repair for a heel fracture. Hoyser said the care he has received at Naval Hospital Jacksonville has been "outstanding," pains or general disability.

"I teach them basically how to work out without further injury, to get them to a more independent program," Sauls said. "I try to get them to continue it. I tell them you can't treat physical therapy like antibiotics. People take them, feel better and they quit taking them. People can't just feel better and stop working out because they will just incur more injuries."

She also teaches them to vary the types of apparatus and repetitions they use and the speed of their workouts. That not only keeps the interest and motivation levels up but also balances the effects of the workouts on various muscle groups of the body. She said that the intensity of the workouts is personalized to each patient depending on their injury, physical condition, etc.

"It's very important to do things correctly or you're going to hurt yourself even more. With people who already have a history of injuries it's even more important they use the proper form, she said."

Air Force Senior Master Sgt. Philip Gainey was prescribed physical therapy after MRI tests indicated he suffered from a degenerated disk in his spine. The problem caused him to shift his weight resulting in pain his legs. Gainey said his doctor told him surgery could give him temporary relief but realigning the spine and strengthening his lower back through physical therapy would be better in the long run.

"Since I've been coming to the gym and working out with my physical therapist I feel like I'm getting stronger and I'm having less pain," Gainey said as he finished trunk strengthening exercises using 70 lb. weights on the cable system. Gainey's program has consisted of workouts on the back extension machine, abductor and adductor machines, the cable machines, gluteal extension machine, sit-ups and lunges. The program works the muscles of the trunk, pelvis and legs, as they work together to support the spine in day-to-day functional activities," Sauls explained.

"Pretty much everything is dedicated to the lower back, building the muscles and aligning the disks properly. I know that this is probably going to have to be part of my life in the future to continue to try and keep my back strong," he said.

Milton said that a major emphasis in the clinic is education. A good example is the Healthy Back Clinic that is offered for patients and any interested hospital beneficiaries - no consult required. The class is offered once per month and consists of education of spine anatomy and causes of pain, awareness of posture and proper body mechanics, self-treatment and prevention techniques, and exercise instruction. For more information on times and dates call 542-7375.

Putting people solidly on the path to a healthy recovery from debilitating injuries and teaching them habits that keep them that way is the mission of Naval Hospital Jacksonville's Physical and Occupational Therapy Department. It's one more example of how the Naval Hospital Jacksonville family cares for the Navy family.

Chaplains recognized



Photos courtesy of the Chapel

Chaplain Richard Arnold (left) is presented his end of tour award from Capt. Charles King, NAS Jax executive officer. Arnold is retiring after 27 years of faithful service to the Navy.

Chaplain Wayne Hatman is presented his end of tour award after three years of faithful service to the NAS Jacksonville Chapel from Capt. Mark Boensel, NAS Jax commanding officer. Hatman's next duty station will be at Naval Station Pascagoula, Miss.



Annual family housing fire safety review and briefing scheduled

From the NAS Jax Fire Department

The annual military family housing and mobile home park fire safety review and briefing for residents living on board NAS Jax will be offered by NAS Jax Fire Department personnel throughout the month. If a resident is not at home when fire department representatives stop by, a call back slip will be left on the door. Residents can call

542-2783/3928 or 542-2451, Ext.10 to have a fire safety review and briefing scheduled. Fire department personnel will be in uniform and conduct the review and briefing only in the presence of an adult. The intent of the annual home fire safety review and briefing is to help ensure maximum safety of all housing residents through normal good housekeeping practices and to inform res-

idents of actions to be taken should a fire or other emergency occur in the home. Home smoke and carbon monoxide detectors will also be tested to ensure proper operation.

World Trade Center steel to become part of new Navy amphibious ship

From the Office of the Secretary of the Navy

America and the World will never forget the vicious terrorist attacks of Sept. 11, 2001. On Tuesday, Sept. 9, 2003, at 6 p.m. Northrop Grumman Ship Systems, Amite Foundry and Machine Inc. and the United States Navy will jointly host officials from the city and state of New York and state of Louisiana for a ceremony in Amite, La. (60 miles north of New Orleans) to cast the bow stem of the new ship USS New York (LPD 21)

During the ceremony, 30 tons of steel from New York's World Trade Center will be melted down at 2,850 degrees Fahrenheit; the steel will be poured into the mould to cast the bow stem of the new USS New York. The people of New York provided the steel last year for use in construction of the new vessel.

This unique ceremony will include representatives of New York's Fire Department, Port Authority and Police Department and Sailors and Marines from the New York area and serves to mark this second anniversary of this 21st Century "day of infamy" and is an important milestone in the construction of this new Navy vessel.

New York and Navy officials, including Acting Secretary of the Navy Hansford Johnson will speak to the foundry workers. Doty England, the ship's sponsor and wife of the former Secretary of the Navy Gordon England will also participate in the ceremony.

Last year on Sept. 11, 2002, in a ceremony at the USS Intrepid Museum in New York City, then Secretary of the Navy Gordon England announced the decision to name the fifth amphibious transport dock ship of the San Antonio class, USS New York.

Secretary England said, "This new class of ships will project American power to the far corners of the Earth and support the cause of freedom well into the 21st century. From the war for independence through the war on terrorism, that we wage today, the courage and heroism of the people of New York has been an inspiration. USS New York will play an important role in



Photo courtesy of the Office of the Secretary of Navy Foundry workers melt metal from the World Trade Center Twin Towers to cast the bow stem of the new ship USS New York (LPD 21).

our Navy's future and will be a fitting tribute to the people of the Empire State."

Governor George Pataki of New York, responded by stating, "On September 2001, our nation's enemies brought their fight to New York ... The USS New York will now bring the fight to our nation's enemies well into the future." "The USS New York will ensure that all New Yorkers and the world will never forget the evil attacks of Sept. 11, and the courage and compassion New Yorkers showed in response to terror," said Governor Pataki.

The ceremony in Amite, La. represents a significant milestone in the ship's construction as well as a noteworthy remembrance of the heroism and sacrifice demonstrated by our fellow Americans two years ago.



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Congratulations to Lt. Chris Artis for achieving another milestone in his career. Artis successfully completed the VP-45 instructor pilot syllabus Aug 10. He now assumes a critical role in the training of junior pilots to be the next generation of patrol plane commanders within VP-45.

Visit us at www.wish.org or call 800-722-WISH and share the power of a wish®.

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FASO recognizes civilians

From FASO

FASOTRAGRULANT Det Jax recently selected Jaquetta Wells as the Civilian of the Half-Year and Kenneth Smith as Civilian Instructor of the Half-year for the first half of 2003.

Wells serves as the MWR president and spent numerous off-duty hours managing FASO volunteers during eight Jacksonville Jaguar's home games. She is the subject matter expert for the new Intermediate Maintenance Activity (IMA) Production Control and Organizational Maintenance Activity System Administrator Legacy Course. Her experience in Windows NT was invaluable in configuring the IMA Component Control Section classroom. Wells instructed



Kenneth Smith



Jaquetta Wells

seven classes graduating 83 students.

Smith instructed 10 classes, graduating 80 students and earned certification in two of the six maintenance courses he is qualified to teach. He is the lead instructor for Optimize Organizational Maintenance

Activity Quality Assurance and Work Center Supervisor courses. Smith is also qualified in Aeronautical Technical Publication Library, Dispersed Technical Publication Library, Maintenance Control and VIDS/SCIR Documentation courses.

A night out



Photo by AW1 Mark Noonan

The 2003 chief petty officer selectees enjoy an evening together at the NAS Jax CPO Club.



Photos by JO2(SCW) Eric Clay

The chief selectees in their purple boat, cruise forward on the St. Johns River to a victory winning the Chief Select Boat Race last Friday.

Chief selectees paddle to victory

By JO2(SCW) Eric Clay
Assistant Editor

On Sept. 5, the chief selectees from NAS Jax and tenant commands held a special boat team race along the St. Johns River. The event began at the NAS Jax commanding officer's pier and finished at Mulberry Cove Marina after all the boats crossed the finished line.

Each team was required to construct their boat from scratch. Team members purchased materials with earnings from fundraisers held last month including car washes, pumping gas at the NEX Auto Port and a chili cook-off at the NEX Food Court.

The boat construction had several rules and guidelines that had to be strictly followed or the teams would be disqualified. Each craft had to be constructed by team members without any outside help. Teams had to learn navigational rules and signaling during the race.

"This event is as informative as it is fun," said NAS Jacksonville CMDM (AW/SW) Chuck Lawson.

Even though the purple team crossed the finish line first, every team was a winner. This included the red team who set a record for the slowest time ever. "All the chief selectees who participated in the event displayed teamwork and



The chief selectees anxiously wait for the horn to sound to start the race.



After their race, the selectees had to carry their water logged vessels to shore.

leadership skills, qualities needed to lead the troops," added Lawson.

After the event, the selectees carried their vessels to shore and headed back to work.



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PROVIDED AS A PUBLIC SERVICE

9/11: Many remember where they were and what they were doing

9/11
From Page 1

who sat glued to the television news reports we could only imagine what was happening at the actual crash sites.

For Capt. Ed Naranjo, commanding officer of the Fleet Industrial Supply Center at NAS Jacksonville, things were a little more real. On that particular day, he was working in his office at the Pentagon which was located just a couple football fields away from where American Airlines Flight 77 slammed into the outer ring of the enormous structure.

"I remember that it was a normal day and we were all going about our daily routines. Then, all of a sudden, the news broke on CNN that a plane had crashed into one of the towers of the World Trade Center. Everyone was watching the TVs and hoping this was just a freak accident. Then when the second plane hit, we knew it wasn't," said Naranjo.

"I lost track of time, but a short time later, we heard this huge boom and were almost knocked off our feet as the building shook. Most of us realized right away what had happened, although we didn't actually see the plane. We immediately grabbed what we could and everyone was getting out, one of our co-workers was hard of hearing and didn't realize what was going on. She just sat there and continued working so I got her attention and started moving," he continued.

At that point, Naranjo realized the smoke was filtering through the building. "As we worked our way out of the Pentagon to a parking lot, the smoke just got thicker and thicker. I've never seen smoke so black, just billowing out of the building," he stated.

Luckily, no one from Naranjo's department was killed or injured in the attack. "One of our guys was on an errand to drop some things off on the other side of the building at the time. After delivering the items, instead of walking back the way he went, along the E ring, he decided to try a shortcut someone had told him about the day before. Just by coincidence, if he had gone the way he went, he would have been at the impact site at the exact moment the plane hit. That one simple decision saved his life," Naranjo said.

Once outside Naranjo just happened to run into an old friend he was stationed with in Greece. "We were thrilled to see that we were both okay. Greece is consid-

ered a high terrorist area so we had gone through many briefs and were prepared for something like this, but we were both amazed that it had happened here," he added.

As thousands of workers evacuated the Pentagon, the only way to get anywhere was to walk. "Our cell phones didn't work, pay phones were dead, we couldn't drive anywhere, so we just started walking. Several of my co-workers and I decided to go to Crystal City where we had another office, but then we ran into someone from that office who told us it was shut down. My apartment was close so we ended up walking there. Luckily my phone worked so I was able to call my wife and let her know I was okay. We just stayed there calling people," he said.

Several days later, after the building was declared structurally safe, a couple of Naranjo's co-workers were sent in to retrieve classified information and personal items. "They had to wear special protection suits and masks because with all the smoke, water and heat, mold was everywhere. They brought out our flag secretary's purse which was in a briefcase. When she opened it and took out her wallet, all her money was covered with smoke residue, that's how thick the smoke was," remembered Naranjo.

"Being in a situation like this really puts things in perspective. It makes you realize that you shouldn't focus on the little stuff so much. This was a terrible way to get a wake-up call, but a lot of us walk through life every day not even noticing the things going on around us - both good and bad. Many times, you can prevent a lot of the bad things from happening just by taking notice. After 9-11 people became more aware and started reporting things. I think that by maintaining this sense of awareness and involvement, it automatically raises our safety level," Naranjo added.

Not many of us have and hopefully never will find ourselves in a situation where we have to flee for our lives. Unfortunately, 123 people weren't able to get away and lost their lives at the Pentagon that fateful day. Two thousand, eight hundred and thirty innocent victims perished in the twin towers in New York City that day. Several hundreds more died on the aircraft that crashed into the buildings and in a field in Pennsylvania.

May we never forget the tragic events that occurred on Sept. 11, 2001.

VYSTAR: Credit Union wins best in Navy

From Page 1

ship has expanded over the years, our focus on the military and their families has not changed. It is a privilege to serve those who serve our country. We want to be the credit union that fits everyone's lifestyle, whether military or civilian, and we are dedicated to giving the best in every way we can."

"We have really tried to make an effort to set the standard for other defense credit unions to follow. I think the most important element we've implemented is to make it a team effort in when making our loan decisions. We are a three-way street, involving base commands and the Navy/Marine Corps Relief Society (NMCRS). NMCRS offers no-interest loans to Sailors needing money for car repairs, so

when they come in here asking for a loan, we will send them there for help. If a Sailor comes in asking for a loan and doesn't have a very good credit report, we will contact their command. If they support the Sailor, we will approve the loan. We try to do the best thing possible for the welfare of our military members," added Chalker Brown, vice president of the NAS Jax VyStar branch.

VyStar Credit Union (formerly Jax Navy Federal Credit Union) was established in 1952 to serve civil service and military personnel and their families at NAS Jacksonville. Today, VyStar is the largest financial institution headquartered in Northeast Florida, serving a 13-county area. VyStar's assets total more than \$2.6 billion and membership exceeds 300,000.

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FFSC announces outreach workshop

From NAS Jax FFSC

On Oct. 2, the NAS Jacksonville's Fleet Family Support Center (FFSC) in partnership with other Navy agencies will be sharing information with civilian organizations and professionals in the greater Jacksonville area who work in the field of domestic violence.

The event will take place at the Cooperative Extension Building, 1010

North McDuff Avenue, Jacksonville beginning at 8 a.m. Registration will take place from 7:30 - 8 a.m.

The workshop will include briefs on the Navy's response to domestic violence including Navy family support programs, victim, legal, and medical services, and alcohol treatment programs.

To register, call the NAS Jax FFSC at 542-2766 or send an email to otebow@nasjax.navy.mil.

FFSC offers educational and support programs

The NAS Jacksonville Fleet and Family Support Center Life Skills Education and Support Program is the foremost preventive measure for the avoidance of personal and family problems.

All FFSC workshops and classes are free and available to service members and their families, and civilian personnel aboard the base.

Pre-registration is required. If special accommodations or handicapped access is required, please notify us upon registration. Contact 542-2766, Ext. 127 to register.

The following workshops are available in September:

Sept. 12, 9-11 a.m. - Self-Directed Search

Sept. 16, 8 a.m. - 4 p.m. - Couples Communication Workshop

Sept. 17, 9-11 a.m. - What About The Kids?

Sept. 17, 6-8:30 p.m. - Budget for Baby Workshop

Sept. 18, 9 a.m. - Noon - Florida Family Law Information Seminar

Sept. 22-25, 7:30 a.m. - 4 p.m. - Transition Assistance Workshop (Retirement)

Sept. 23, 8 a.m. - 3 p.m. - Parenting Skills Workshop

Sept. 24, 9-11 a.m. - Debt Management

Sept. 25, 8-11 a.m. - Anger Control Workshop

Sept. 25, 1:30-3 p.m. - Volunteer Service Council

Sept. 25, 3-5 p.m. - Mentor Training

Sept. 25, 6-9 p.m. - Ombudsman Assembly

Sept. 26, 9-11 a.m. - Marketing Yourself (for military spouses)

Sept. 29 - Oct. 3, 8 a.m. - 4 p.m. - Command Financial Specialist Training

Sept. 30, 8 a.m. - Noon - Divorce Adjustment Workshop

Health tip from the Wellness Center

By Danny Woodard

When you quit smoking, think of the acronym H.A.L.T. You don't want to

become hungry, angry, lonely, or tired. This will make you more vulnerable mentally, physically, and emotionally during the first three weeks you quit smoking due to the nico-

tine withdrawal symptoms and cravings.

Proper nutrition, stress reduction, increased exercise, socializing, and rest are especially important during this time period.

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Navy Wellness Center
Hypnosis for Tobacco Cessation

September 18, 2003
1200-1300
542-5292 to register

JAX TALES

By Mike Jones

www.rickystour.com

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MWR NOTES

Steam room is closed

The steam room in the men's locker room at the base gym is closed for extensive repair work. A completion date has not yet been identified.

Escape the ordinary on an I.T.T. trip

Have some fun with I.T.T. - take a trip or treat yourself to a show! Stop by our office located adjacent to the NEX, and sign up for a great trip. Our trips are open to all hands, so bring a friend! For more information call the office at 542-3318.

Jaguars tickets for all games are now on sale at I.T.T. Tickets are \$47.90 for lower level seats. You can also sign up to ride the I.T.T. shuttle to all the home games. If you sign up for all the games the price is \$6 per game. A ride to a single game is \$8.

The following are upcoming I.T.T. trips:

Saturday - Discover the beauty of Cumberland Island on this guided tour to the island. A wonderful day for only \$29.

Sept. 20 - A day in Tallahassee. See Mission San Luis, the Capitol Building and Museum of History for only \$15.25, children 12 & under are \$13.25.

Sept. 27 - Okefenokee Sunset. Don't miss this special sunset tour. Included is transportation, a guided boat tour of the swamp and a low country shrimp boil dinner. The cost is \$52.75 per person.

Oct. 15-19 - A fall colors extended getaway to the mountains. This trip includes Warm Springs, Ga. to see the former President Franklin D. Roosevelt's Little White House and Callaway Gardens. We're also going to the Bavarian village of Helen, Ga. for Oktoberfest, Asheville, N.C. to the Biltmore Estates and Chimney Rock Park. The cost is \$405 per person based on double occupancy for four nights, breakfasts and two dinners. The deadline to sign up is Sept. 12, and space is limited.

Tickets for "Night of Joy" at Disney on sale at I.T.T. for \$35.45 / one-night admission and \$56.60 / two-night admission. Call I.T.T. at 542-3318 for more information.

NAS Jax Golf Club happenings

The NAS Jax Golf Club & Mulligan's is now offering Ladies Day every Thursday through Sept. 30. Ladies can play all day at the golf course for \$10. The Mulligan's Ladies Social Hour runs from 4-7 p.m.

Outdoor pool changes hours

The outdoor pool is open Saturday and Sunday from 11 a.m. - 6 p.m. through the month of September.

The Heritage Cottages

MWR's new Heritage Cottages are now open for only \$60 a night.

These cottages make for a great vacation home away from home. They are fully furnished with plenty of space. Make your reservation now by calling 542-3138/3139.

Veterinary Treatment Facility

Due to vendor price increases, the Veterinary Treatment Facility (VTF) has been forced to increase prices. We still have the lowest prices around.

The NAS Jax VTF is located in Building 8 at the corner of Ranger Street and Enterprise Avenue. The clinic is open Monday through Friday from 8 a.m. - 4 p.m. It is closed on legal holidays. Pets are seen by appointment only.

New clinic services have been added to accommodate our patrons. The VTF will have an evening clinic on the first Tuesday of every month from 5-7 p.m. There is also a walk-in clinic on the second Saturday of each month from 8 a.m. to noon. This clinic will be for vaccinations only. For more information and to make appointments, call 542-3786.

Bingo Palace

Bingo is back! Get your favorite daubers, come and pick your lucky seat and let the games begin. Nighttime Bingo will resume today and lunch time Bingo will resume Friday.

Mulberry Cove Marina news

Are fuel prices emptying your wallet? Take advantage of free gas this summer when you rent a 40-hp pontoon boat, whaler, bass boat, 10-hp stump knocker, or Yamaha jet skis.

The NAS Jax Yacht Club offers sailing classes. Now that the weather is warm, and the breezes are strong would be a great time to learn this renowned boating activity. After you've completed your class, the marina has sailboats for rent.

The marina offers free kayak and canoe rentals for active duty Sailors on Thursdays. It's a great way to get acquainted with some of the equipment on hand and have some fun too. For more information on marina events, call 542-3260.

Auto Skills Center

Visit the Auto Skills Center for your professional or hobby car care needs. The center offers an array of services for the novice or professional auto enthusiast. There is an ASE qualified mechanic on hand to assist with questions and tips on servicing your vehicle. The center is open Monday, Thursday and Friday from noon to 8 p.m., Saturday and Sunday from 9 a.m. to 5 p.m. and all holidays from 9 a.m. to 3 p.m. except Thanksgiving, Christmas and New Year's Day.

The Auto Skills Center offers a shop orientation class on the third

Thursday and Friday of each month. Reservations are required for the orientation. Call 542-3227 for information.

O'Club happenings

The Ready Room Officers' Club bar is open for social hours every Friday from 4-7 p.m. The Ready Room is available for command functions and special events all other days.

The T-bar, located behind Building 844 is now open to all hands every Thursday from 4-7 p.m. and every second and third Saturday from 4-7 p.m. The T-Bar is available for command functions and special events all other days.

Liberty happenings

The Liberty Cove Recreation Center is the place to go, if you want to know ... where all the fun and excitement is found. Join us for our Wednesday Karaoke and Dance Party. The fun starts at 7 p.m. at the Budweiser Brew house with DJ Marc "E" Marc.

14th annual Haunted Woods Challenge

Commands, squadrons and departments are encouraged to be a part of this year's Halloween program and are eligible to win money for their MWR funds. Your ideas can enhance this program. For more information call 778-9772

Youth Activities Center happenings

Take advantage of the fun events at the Youth Activities Center. Monday evenings we have indoor soccer from 6:15-8:15 p.m.

Tae Kwon Do classes are available at NAS Jax Youth Gym and Yellow Water Youth Activities.

If you are interested in registering your child stop by either center or give us a call at 778-9772 (NAS Jax) or 777-8247 (Yellow Water)

Free movies offered

Enjoy free movies at the base theater each Friday evening starting at 7 p.m. and every other Saturday at 5 p.m. and 7 p.m. Bring your own popcorn, soda and snacks. Sit back and enjoy some of Hollywood's premier blockbuster hits. There are no alcoholic beverages allowed in the theater and persons under 17 are not permitted without adult supervision.

Friday, 7 p.m. - The Italian Job (PG-13)

Saturday, 5 p.m. - Treasure Planet (G)

Saturday, 7 p.m. - Hollywood Homicide (PG-13)

Visit MWR online at www.nasjax.navy.mil and look for the tab marked MWR this is your tab to unlimited fun. For questions or comments e-mail us at mwrmtg@nasjax.navy.mil.

YN3 Rosalyn McDowell of VS-22 proudly displays the fish she caught while on a deep-sea fishing trip with the NAS Jax MWR Liberty Program Labor Day weekend.



Photos courtesy of MWR

Liberty hosts Labor Day events

From MWR

The NAS Jax MWR Liberty Program sponsored some great events Labor Day weekend including a deep-sea fishing trip Aug. 30, and a day of water sports on the St. Johns River Sept. 1.

Fourteen Sailors from NAS Jax and four Sailors from NS Mayport boarded the vessel King Neptune and sailed 40 miles out from the Mayport docks. Each person walked away with at least one fish to place on their trophy wall. The group also got a

special treat during the afternoon, as a school of dolphins escorted the boat through the deep water.

On Sept. 1, Liberty rented a pontoon boat, jet ski and three kayaks from the Mulberry Cove Marina allowing Sailors to splash around the St. Johns River for the afternoon. They traveled downtown, stopped in Metropolitan Park to barbeque and then jumped back in the water for the rest of the day. For more information on Liberty events, call 542-1335.



ATAN Timothy Neihoff of AIMD and AMEAN Justin Carlisle take a spin on a jet ski rented from the Mulberry Cove Marina during one of Liberty's Labor Day events.



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SPORTS

Navy Southeast Regional Running and Triathlon Team

Represent the United States Navy in 5K, 10K, marathons, and/or triathlons. The Navy will showcase elite active duty men and women in regional races. Uniforms are provided as well as transportation, entry fees, and lodging costs. Interested runners must compete in sanctioned (USA Track and Field, USA Triathlon Association, or Roadrunners Clubs of America) races and your time must be one of top 10 regional qualifying times. If you have run in sanctioned race and your time meets regional qualifying time, contact

your base athletic director.

Southeast Regional qualifying times:	
5K -	Men 19:00 Women 24:00
10K -	Men 34:00 Women 46:00
Marathon -	Men 3 Hrs. 30 Min. Women 4 Hrs.
Triathlon -	Men 2 Hrs. 30 Min. Women 3 Hrs.
Triathlon time based on 1.5k swim, 10k run, 40k bike	
For more information about any of the sports articles, call 542-2930/3239.	

Free tickets to deployed Sailors and their families

By **CMDCM Mike VanMiddlesworth**
HS Wing Command Master Chief

The "Sailors Awake" program is getting prepared for the upcoming Jaguars season. The program gives free tickets, transportation, and a free T-shirt to the families of deployed Sailors and deployable Sailors with priority given to deployed Sailors' families first.

Your children can go with or without you, as chaperones will be provided, or you can go with them and be a chaperone if you like. Each chaperone will keep an eye on three to five children, so there will be plenty of supervision.

"Sailor Awake" participants will be picked up by a Navy bus at the NAS Jax Commissary parking lot. The bus will depart the parking lot two hours before game time. Once at

Alltel Stadium, participants will be expedited to their seating area.

The "Sailors Awake" T-shirts are provided and must be worn throughout the game by all. After the game, the bus will take them back to the base for pickup.

Prior to departure to the game, each "Sailor Awake" participant recites a pledge to "abstain from using drugs, alcohol, or tobacco". The seats are part of the honor rows and are in a great environment for the "Sailors Awake" participants.

Deployed Sailors' families will have priority, but if your Sailor is on sea duty, you may be put on a waiting list that will be eligible to fill the balance of the seats that are not filled by the "on deployment" Sailors' families by Wednesday of the week

before the game day.

Your status will be confirmed prior to being placed on the actual "going to game" list.

The ages are from 6-17, if you want all of your squadron families to go on a particular day, we may be able to arrange it depending on availability and lead-time. But hurry, because it's first come first served, and we only have 40 tickets available per game.

The schedule of "Sailors Awake" games:
Oct. 5 - San Diego
Oct. 12 - Miami
Oct. 26 - Tennessee
Nov. 9 - Indianapolis
Dec. 7 - Houston
Dec. 21 - New Orleans

You can apply for any of the games listed, by email to me at vanmiddlesworthmh@chswl.navy.mil, or by phone at 542-5273.



Photo courtesy of the Island View Baptist Church
Island View Baptist Church Choir and Orchestra

Service members invited to patriotic recital tonight

The Island View Baptist Church (IVBC) Choir and Orchestra will present the patriotic musical "America...A Pilgrim's Prayer, A Patriot's Dream," at 7 p.m. tonight, in the church sanctuary located at 900 Park Avenue in Orange Park.

According to Rev. Ron Feener, IVBC Minister of Music, "America...A Pilgrim's Prayer, A Patriot's Dream" is a patriotic and moving celebration that combines American folk songs and special arrangements of traditional Christian hymns.

Created by Randy Vader, Jay Rouse and Camp Kirkland, and performed beautifully by the IVBC Choir, musical selections include "Songs of America — Overture," "A Prayer, A Dream," "My Country 'Tis of Thee," "Salute to Our Patriots," "America," "Holy, Holy, Holy," "Rock of Ages," "Anthem of Our Unsung Heroes," "How Great Thou Art," "Lord Have Mercy," and "Glory, Hallelujah to Our God!"

Dr. Wm. Scott Conner, IVBC Senior Pastor, has issued a special invitation to the men and women in uniform who so unselfishly serve God and country.

"We feel strongly that those who protect our freedoms are a blessing from God, and

this performance is one small way in which we are able to show our appreciation for all they do for each of us every day," Conner said.

"I would like to personally invite members of all the armed services to attend this very special celebration, and ask them to wear their uniforms. We will recognize them during a special medley of military anthems," he said.

"Our musicians have worked very hard on this performance, and I know that all who attend will leave with uplifted spirit, a renewed commitment to our God, and a deep pride in our country and for our service personnel."

This event will mark the second performance of "America...A Pilgrim's Prayer, A Patriot's Dream" by the IVBC Choir and Orchestra. The first performance on Aug. 17 was so well received that Conner and Feener decided to host an encore performance.

"We hope that the community will take advantage of this inspirational and patriotic performance, and join us for a night of appreciation and musical celebration," they said.

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COMMUNITY CALENDAR

The **Navy Wives Clubs of America, NWCA Jax No. 86** meets the first Wednesday of each month. Meetings are held in Building 612 on Jason Street at NAS Jacksonville at 7:30 p.m. The Thrift Shop is open Tuesdays and Thursdays and every other Saturday from 9 a.m. - 1 p.m. For more information, call the Thrift Shop at 772-0242 or Pearl Aran at 777-8032.

The **Navy Wives Club's DID No. 300** meetings are held the second Thursday of each month at 7 p.m. at the Oak Crest United Methodist Church Education Building at 5900 Ricker Road. For more information, call 387-4332 or 272-9489.

Clay County Chapter 1414, National Association of Retired Federal Employees, (NARFE) invites all retired and currently employed federal employees to their regular monthly meeting the second Tuesday of each month at 1 p.m. at the Orange Park Library. For more information, call 276-9415.

The **Navy Jacksonville Yacht Club** general membership meetings are held at 7:30 p.m. on the first Wednesday of every month at the clubhouse (Building 1956) adjacent to the Mulberry Cove Marina. The Navy Jax Yacht Club is a members only club open to all active duty, reserve and retired military, and active DoD personnel. For more information, call 778-0805 or email commodore@njyc.org.

MOMS Club of Northeast Florida meets the second and fourth Thursday of every month from 10 a.m. to noon. The meeting is free and open to all at-home mothers and children who live in the zip code areas of 32206, 32218 and 32226. MOMS Club is a support group for moms wanting a variety of activities for you and your children. The chapter offers monthly meetings, newsletters, activity calendars, playgroups, field trips and service projects. For meeting location or more information, contact Debbie at 751-0671 (debiejkg@yahoo.com) or Kathi at 751-3400 (katdj28@aol.com).

The **Marine Corps League, Jacksonville Detachment** holds their monthly meeting the first Thursday of the month at 7:30 p.m. at the Marine Corps Recruiting Station at 3728 Phillips Highway, Suite 229. For more information call John Leisman at 779-7375.

Christian Fellowship Night is held behind the Chapel in Building 749 from 6:30 - 9 p.m. every Tuesday night. For more information, call 542-3051.

Association of Aviation Ordnancemen's meeting is held the third Thursday of each month at the Fleet Reserve Center on Collins Road. For more information, call AOC Chris Johnson at 542-2168 or AOCS Erick Parmley at 542-8589.

The **Westside Jacksonville Chapter 1984, National Association of Retired Federal Employees** extends an open invitation to all currently employed and retired federal employees to our regular meeting held at 1 p.m. on the fourth Thursday of each month at the Murray Hill United Methodist Church, (Fellowship Hall Building) at 4101 College Street. For more information, call R. Carroll at 786-7083.

The **National Naval Officers Association (NNOA)** holds its monthly meeting on the third

Thursday each month at 5:30 p.m. at the Jacksonville Urban League, 903 West Union Street. Interested personnel are encouraged to attend or contact Lt. Herlena Washington at 696-5005 or email WashingtonHO@matcombic.usmc.mil.

Rear Adm. and Mrs. D.C. Curtis will host the **NNOA Jacksonville Chapter's Annual Membership Kickoff** and its President Capt. Kenneth Nixon Saturday at 6 p.m. at their residence, 541 Ozbourne Ave. Naval Station Mayport. The guest speaker will be Rear Adm. Annette Brown, commander, Navy Region South-east Jacksonville. The dress code is informal. NNOA serves to actively support America's sea services in recruitment, retention and career development of all officers, and to support fleet operational readiness by providing professional development and mentoring for minority officers. Membership is composed of active duty, reserve, and retired officers of the sea services and encompasses all ranks.

All interested personnel are invited to attend. For more information, contact Lt. Cmdr. Herlena Washington at 696-5005, WashingtonHO@bic.usmc.mil or Lt. Drew Andrews at 270-6457, andrewsjd@hsl46.navy.mil.

The **Military Officers Association of America (MOAA)** is holding their monthly dinner meeting on Sept. 17 at 6 p.m. at the River Cove Officer's Club. All active, reserve, or retired officers are welcome to join the Jacksonville Chapter of MOAA. For reservations, contact Steve Kerlin at 262-0209 at least three days before the meeting.

The **Jacksonville Genea-logical Society** meeting will be held Sept. 20 at the Webb-Wesconnett Library, 6887 103rd Street at 1:30 p.m. For additional information please contact Mary Chauncey at 781-3900.

The **VP/VPB-23 Veterans Association** will hold its ninth reunion in Jacksonville Oct. 15-19. For more information, email dklotz23@aol.com.

VF-22 Korean War veterans will return to Jacksonville/Orange Park for a 50th anniversary reunion at the Holiday Inn Orange Park on Oct 21-22. For more information, contact is Jack Bailey at 757-340-5922 or email charlieson@msn.com.

The annual **VP-24 Reunion** is scheduled for Oct. 24-26 at NAS Jacksonville. For more information, write Don Hall, 2003 Jax Reunion Host, 4421 Commons Dr. East, #413, Destin, Fla. 32541 or email djhdestin@cox.net.

VP-8 is holding a reunion Nov. 5-9 in Pensacola, Fla. For more information, call 733-5489 or email bbperry2@att.net.



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In Gear

A weekly look at the automotive market
